TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Center Corporation

Brookline Senior Center 93 Winchester Street Brookline, Massachusetts 02446



Council on Aging Information Hotline

617-730-2777

617-730-2778

Senior Center

Van

617-730-2770

617-730-2750

Brookline Council on Aging

www.brooklinema.gov www.brooklineseniorcenter.org

Brookline Community Aging Network www.BrooklineCAN.org



Wednesday, December 4 at 1:00 pm Brookline Music School Concert See P.7).

Monday, December 9 at 1:00 pm Healthy Cooking Workshop (See P. 11).

Thursday, December 12 at 1:00 pm Caring for your Teeth (see P. 3).





DECEMBER 2019

NEW YEAR'S OPEN HOUSE



Join us on Monday, December 30 from 1:00-3:00 pm for our annual New Year's Open House when we will once again feature the outstanding Bo Winiker, trumpet and Neil Greene, piano. These fabulous musicians and entertainers will cer-

tainly help us to ring in the new year right! We'll enjoy the Winikers' performance from 1:00-2:00 pm and then we'll have some light refreshments from 2:00-3:00pm. To register, please call 617-730-2770.

WALTZES WE LOVE



Join us **on Monday, December 16 at 1:00 pm** as pianist Tatyana Shrago performs a concert of "Waltzes We Love." The program will include old favorites as well as contemporary ones, written by both Russian and foreign composers from all over the world. A native of St. Petersburg, Russia, Tatyana Shrago graduated from the prestigious St. Petersburg Conservatory with a B.M. and M.M. (cum laude) as a soloist, accom-

panist and teacher. In the US, Tanya worked for many years as an accompanist in the vocal studio of a distinguished American baritone Robert Honeysucker and she now maintains a very active performance life. Please note that this performance was rescheduled from September 23 due to unforeseen circumstances. To register, please call 617-730-2770.

INDEX

Alzheimer's Caregivers Support Group	11
Ask A Nurse	4
At a Glance, December	24
Assistive Technology, Vibrant Program	10
Board President	13
Book Discussion Group, Public Issues	
Book Discussion Group, Putterham	
Brookline Bees	
Brookline Music School	7
Brookline Recreation Trip	
Bridge, Experienced Players	
CARE	
Chess	31
Chorus	
COA Meeting	
Cooking, Healthy Worship	
Computer Lab	
Craft Fair Check Donation	
Dance, Tuesday Morning	
Director, From the	
ELF	
Elks Holiday Dinner	
Fitness	
File of Life	
Food Distribution	
Food Bank, Greater Boston	
French	
Gallery 93	
Geriatrician, Ask a	
Grief Support Group	
Handicapped Access	
Health Page, (Ask a Nurse, Podiatry Clinic, Lo	
Vision Group, Blood Pressure Screening, C	
Health Coach)	
Hearing Services, Brookline	
LGBT Out 2 Brunch Bunch	
Let's Go Out To Lunch Bunch	
Library Connection	
Living Our Values	
Luncheon Special	
Mahjong	
Medicare	
Memory Café	
MISTRAL	
Movies for Film Lovers	
INTO VIES TOT THILL LOVETS	∠∠

New Year's Open House	1
Observances, December	3
Ongoing Senior Center Events	24
Online Safety	3
PARC	35
Ping Pong	34
Taste of QIGONG	12
Reiki	16
RSVP	26
Rummikub	26
Services, Senior (BETS, BLAB, File of Life, HELI)
SNAP, SHINE, Social Security)	6
SHOP	35
South Brookline Senior Meetup	19
Soup Kitchen Support	15
Spotlighted Volunteer	17
Tax Exemption	12
Teeth, Caring for them	3
Thank You32	& 33
TTP (formally known as ICARE)	4
Travel, Easy	10
TRIPPS	14
Ukulele	17
Vibrant Technology	10
Volunteer Opportunities	
Waltzes we Love	

The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)

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Subscription fee: \$10.00/year. See page 27 for subscription/renewal form.

DECEMBER OBSERVANCES

The Senior Center will be open weekdays in De-

cember. Except for Wednesday, December 25 for Christmas. Christmas is an important religious holiday for Christians and a beautiful time of the year to



connect with family and friends. We celebrate



Chanukah, the Jewish festival of freedom and light from Sunday, December 22 through Monday, December 30. The Winter Solstice (the shortest day of the year) falls on Satur-

day, December 21. We will be celebrating all month with something for everyone. If you would like more celebrating you can celebrate December 1, World Aids Awareness Day, December 7, Pearl Harbor Day, December 10, National Human Rights Day, December 15, Bill of Rights Day and Kwanzaa on December 26 though January 1. Enjoy the end of 2019 and prepare to bring in the New Year with us on Monday, December 30 from 1:30-3:30 pm.

ONLINE SAFETY



Join Robin Putnam from the Massachusetts
Office of Consumer
Affairs and Business
Regulation on Friday,

December 13 at 1:00

pm for a free and informative presentation on how to be safe online whether it be on your smart device, social media, phishing emails, or online banking. Robin will also provide information on general protection from scams and identity theft. Space is limited. To register, please call 617-730-2770.

ELKS HOLIDAY DINNER



Come to the Senior Center on Saturday, December 7, at 1:00 pm for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required and we will be taking them until we fill all the

slots. Call 617-730-2770 to reserve your place so you can enjoy the turkey-with-all-the trimmings dinner. In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge all the best for the New Year.

CARING FOR YOUR TEETH

Tips and tricks for Your Best Oral Health



Join us on **Thursday, December 12 at 1:00 pm** for an afternoon with Dr. Yasmin Chebbi, DMD as we learn about oral health. We will

cover topics such as: the connection between a healthy mouth and a healthy body, the best way to keep teeth healthy, options for missing teeth, denture care, dry mouth, alternatives to CPAP for snoring relief, the importance of visiting a dentist, even if you don't have teeth... and much more! Bring you questions! Space is limited so please call 617-730-2770.



Beth Israel Lahey Health Beth Israel Deaconess Medical Center

Ask a Nurse Lynn Schuster, RN, BSN, CDP, Clinical Nurse Liaison, Hebrew Senior Life Home and Community Based Services, will return to the Center on Thursday, December 5 at 11:00 am.



Low Vision Group This peer-led support group for individuals with limited eyesight is on Wednesday, December 18 at 1:00pm.



Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

Thursday, December 19 from 1:00-2:00 pm. at the Senior Center.

Wednesday, December 4 from 2:00-3:00 pm BPHD building Health Department on Pierce Street.



Brookline Hearing Services
The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on Thursday, December 19 from 1:00-2:00pm. They will pro-

vide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.



Podiatry Clinic Update PLEASE NOTE: Dr. McLoughlin is changing his days and hours Beginning in January 2020, Dr. McLoughlin will

ONLY be here on the **first and third THURS- DAY of each month from 9:00-11:30 am.** Appointments are 15 minutes and the cost is \$40. Dr. McLoughlin provides ROUTINE foot care only (nail and callus trimming). To inquire about appointments, please call 617-730-2777. **Dr. McLoughlin does not offer second opinions**.

TRUSTED TRANSPORTATION PARTNER



TTP: Trusted Transportation Partner The Council on Aging has again been selected to receive an ITNAmerica "Trusted Transportation Partner" grant,

with support from Regeneron Pharmaceuticals. Through this grant, the COA's HELP program provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least 1 BUSI-NESS WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required to access this sub-program.



ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Question: I am tired when I go to bed but then I cannot sleep. As soon as the sun begins to rise I fall asleep and then cannot get up until about noon. Do you have suggestions for me?

ANSWER: As we get older, our usual sleeping habits may change. Part of this may be due to our producing less melatonin than we did when we were younger. People often get sleepy earlier in the evening and then wake up earlier in the morning. Some people find they can't sleep at night and then are so tired they fall asleep early in the morning. The important question is whether you feel rested during the day, or whether you feel tired all day.

It is believed that the ideal number of hours of sleep is between 7 and 9 hours/night. If you feel rested and energetic during the day, you are probably getting enough sleep. However, if you feel exhausted during the day, that is not "normal aging." Anyone can have a stretch of days or weeks where we have trouble sleeping (insomnia). However, if insomnia becomes a chronic problem, it may need some investigating. According to Help Guide, which collaborates with Harvard Health Publications, the consumer health publishing division of Harvard Medical School, these are some symptoms which may suggest a sleep disorder:

- Have trouble falling asleep even though you feel tired
- Have trouble getting back to sleep when awakened
- •Don't feel refreshed after a night's sleep
- •Feel irritable or sleepy during the day
- •Have difficulty staying awake when sitting still, watching television, or driving
- •Have difficulty concentrating during the day
- •Rely on sleeping pills or alcohol to fall asleep

•Have trouble controlling your emotions

There are many causes of insomnia, such as stress, depression, anxiety, medications or health problems. Drinking alcohol, using the computer before bedtime, pain, lack of exercise, snoring and sleep apnea can also cause sleeping problems. To help make sure you get a good night's sleep, try the following:

- 1. Turn off the TV and computer about 1 hour before going to bed.
- 2. Read either a book or an electronic device that doesn't have its own light source
- 3. Block out snoring by wearing ear plugs
- 4. Get aerobic exercise during the day (walk, dance, golf)
- 5.Talk to your doctor about trying melatonin (not sleeping pills!)
- 6.If you get tired during the day, it's OK to take a short nap (less than 1 hour, preferably in the afternoon)
- 7. Avoid alcohol and caffeine (including chocolate!) late in the day.
- 8. As a nighttime snack, warm milk, turkey and tuna fish contain tryptophan, which is a protein which helps induce sleep.
- 9. A cup of chamomile tea is thought to be relaxing-drink a cup 2 hours before bedtime.
- 10. In the winter, when there is less light, sitting under a lamp designed for SAD (Seasonal Affective Disorder) for 30 minutes each morning can help reset a wake-sleep cycle and even boost our spirits during the winter, which can help sleep.

It is common to have short periods of time when we have trouble sleeping, but it usually passes. If it persists speak with your doctor about seeing a sleep therapist.

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on aging well at home are:

BETS (Brookline Elder Taxi System), is a program that allows income eligible Brookline residents (62 and older) to purchase taxi coupons at reduced fare rates. Eligible individuals are allowed to purchase up to eight (8) coupon books per month at a 50% discount. Each coupon book contains ten (10) \$1.00 coupons and program participants pay only \$5.00 per coupon book. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies. (Bay State Taxi 617-566-5000 White Cab Taxi 617-314-6262

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for and sell BETS coupon books. For more information, call Alicia at 617-730-2740.

If you are applying for the first time, or being recertified, bring your 2018 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$62,450 and a couple's annual income cannot exceed \$71,400. BETS service is available for use in all cabs of all companies that are based in Brookline. It's the law: If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash. To purchase taxi tickets you must pay by cash or check only.

Refunds only authorized for one month's worth of coupons maximum that were purchased in the last six months.

SHINE counselors Sonia Wong, Ed Levin, Steve Maas and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

Brookline TRIPPS looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact TRIPPS at maria@trippsmass.org or 617-730-2644.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on Wednesday, December 4 from 9:00 am-12:00 pm to consult on legal matters. This service is offered for Brookline residents 60 and older only, is free of charge, and no appointment is needed. Please pick up a number in the COA office on the second floor.

HELP The Home and Escort Linkage Program finds trained, dependable workers to houseassist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance call the Council on Aging at 617-730-2777 and ask to be put on the Food Stamp assistance return phone call list.

BROOKLINE MUSIC SCHOOL CONCERT



Join us on Wednesday, December 4 at 1:00 pm as we welcome back Brian Friedland, pianist and Laura Jaye, vo-

calist. Brian and Laura met as students at the New England Conservatory and have since collaborated on projects ranging from a 20 piece jazz big band to an original classical song cycle. They are excited to share their love of jazz standards and classics from the American Songbook so they hope to see you there!

HEALTHY COOKING WORKSHOP



Lovin' Spoonfuls Education Coordinator & Chef Cathy Pedtke will join us on Monday, December 9 at 1:00pm to lead a

healthy cooking workshop focused on seasonal ingredients and easy, delicious recipes. Cathy will share tips and tricks for cooking simple meals for yourself and utilizing the ingredients that you have on hand, as well as reducing added salt and sugar in your favorite recipes. Whether you have specific questions or dietary concerns, need a little kitchen inspiration, or just want to sample some tasty dishes, we hope you'll join us! Please note that space is limited to the first 25 registrants. To register, please call 617-730-2770.

BROOKLINE BEES



will be finishing up holiday projects for gifts this month and we will begin making lap quilts and fidget quilts for seniors. We welcome new members any **Tuesday 10:30-noon.** DOWNSIZING?

Please give your sewing things a new lease on life by donating them to the Brookline Senior Center! We welcome sewing machines, material, notions, books -- and you are welcome to come use them with us! It's like giving books to the library -- you know where you can visit them.

JOSIE'S QUILT



COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday, December 11 at 1:00 pm**, as we welcome Amy Schectman, President and CEO of 2Life Communities—our new neighbor on Harvard St. 2Life Communities—Age affordably. Live Well. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756, or email her at rdobek@brooklinema.gov.



18th Annual Autumn Benefit honoring our State Senator Cynthia Stone Creem, Majority Leader, for her advocacy and legislative efforts for older adults.

Thank you to Barrie Atkin, Jewel Chin, Laurie Lasky, and Fran Pechenick for photos.



SENIOR CHORUS HOLIDAY CONCERT AND HOLIDAY CRAFT FAIR CHECK PESENTATION



Join us for a festive morning full of holiday cheer at our Senior Chorus Holiday Concert on **Friday, December 13 at 10:00 am.** This group's enthusiasm will be sure to put a smile on your face! In addition, we will be presenting the Senior Center with a check from the proceeds of our annual Holiday Craft Fair. A special donation will also be made on behalf of the Holiday Craft Fair Planning Committee to World Central Kitchen. Thank you to all of the crafters, volunteers, do-

nors, and customers who helped to make this event a success. We could not have done it without you! To register, please call 617-730-2770.

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM



The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to offer the VIBRANT Assistive Technology program in partnership with the Centers on

Aging and the Brookline Senior Center.

VIBRANT is assistive technology guidance that empowers you. If you are losing your vision, we provide applied instruction on current technologies to help you accomplish your everyday goals. This specialized assistive technology training can help with reading, walking, personal finance, and more. Anyone with low vision or blindness is welcome, as well as those interested in how we are serving the spectrum of vision loss.

If you are interested, call Rachel Castle at 617-608-4150, Jerry Feliz at 857-443-6636, email ATCenter@mabcommunity.org, or stop by the Senior Center computer lab on Wednesday and Thursday afternoons. We look forward to working with you soon.

TUESDAY MORNING DANCE PARTY

Lynn Modell will lead our Tuesday morning Dance Party every **Tuesday from 11:00am to 11:45am f**or fun ad dancing so we hope that you'll plan to join us. Suggested donation is \$2 per class.

EASY TRAVEL

Join Chris Jensen **on Thursday, December 5 at 1:30pm,** as she shares her two different trips to the South Island of New Zealand and various areas of England (Oxford, Cotswolds, Lake District, York).

BROOKLINE RECREATION ACTIVE OLDER ADULT PROGRAMS



Tower Hill Botanic Garden Friday, December 13 leaving the Brookline Senior Center at 9:30 am returning from Tower Hill at 2:00

pm. Tower Hill features a

four-season display of the finest plants for cultivation in New England. Visitors can enjoy decorated indoor rooms and soak in the warmth of subtropical plants in the conservatories. Transportation from Brookline Senior Center and optional winter crafts workshop included in admission. For more information and to register contact: Jcooke@brooklinema.gov 617-730-2082. \$15 non-residents

MEMORY CONNECTIONS CAFE



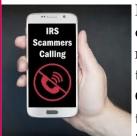
On Wednesday, December 18 from 1:30-3:00 pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their

peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This month's Cafe is co-sponsored by Rogerson House.

Think SAFE Be SAFE

REMEMBER

THE IRS NEVER CALLS FOR PAST DUE AMOUNTS OR THREATENS TO ARREST YOU!



If you think you are a victim of a scam, write down the number and hang up. And then notify local police. A Gloucester resident fell for the ruse and lost \$35,000, so just hang up and call the po-

lice. Don't fall for a telephone line!



ALZHEIMER'S CAREGIVER SUPPORT GROUP



This ongoing daytime support group is designed to help caregivers cope with the stress and demands of loved ones struggling with Alzhei-

mer's. It meets on the 4th Tuesday of each month. If you are interested in this group, please call the facilitator Ted Sturman at 617-803-6105.

LOSS AND GRIEF SUPPORT GROUP



Join us on **Tuesday afternoons in December.** We will offer a support group for those who are coping with loss, grief, or a significant life event. The group is open to all Brookline and surrounding community residents over the age

of 60 who wish to share their experience with others. There is no fee required for this group. For more information, contact: Michael Allen, LCSW at 617-730-2754 or mallen@brooklinema. gov.

CARE PROGRAM



The Brookline Council on Aging is pleased to announce that we will be able to provide Brookline families free respite/companionship through our CARE Program (Caregiver Assistance Relief Effort). The

CARE Program operates under the auspices of the existing HELP Program, which is the Town's Home Care Program. The CARE Program aids Brookline caregivers who need a break from caring for an older adult family member. Respite/Companionship does not include personal care, such as dressing and bathing or medication administration. This service allows caregivers to have time for themselves, while leaving family members in the care of trained home care workers. For more information or to participate, please call HELP Program Staff at 617-730-2752. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program.

A TASTE OF QIGONG



Thousands of years old, qigong ("chee-gung") is the practice of cultivating mental and physical balance through the coordination of breath, movement and awareness. Simpler than taiji (which

combines aspects of qigong and Chinese kung fu), qigong can be practiced throughout one's entire life to promote overall health and wellbeing. Join us on **Tuesdays through January 7** from 9:30-10:30 am to give it a try. This class is free, but you must register by calling 617-730-2777.

MISTRAL

Presents: Baroque Big Band, A Holiday Concert, Julie Scolnik, artistic director, on **Sunday**, **December 8**, **5:00 pm**. Congregation Kehillath Israel, 384 Harvard St., Brookline.

Mistral's 23rd season continues on the heels of Thanksgiving, heralding the holiday season with a concert that features Johann Sebastian Bach's Baroque masterpieces, The Brandenburg Concertos No's. 2, 3, 4, & 5. Like last season, this year's performance takes place in the newly renovated sanctuary of Congregation Kehillath Israel where the audience will surround the Baroque Big Band on four sides! Tickets \$38. Find more information at www.mistralmusic.org; 978-474-6222; sales@mistralmusic.org

Moving? Downsizing?



REAL ESTATE TAX EXEMPTION



Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Cen-

ter on Tuesday, December 3 and Tuesday, December 17 from 10:00 am-12 noon. Feel free to drop by with your questions.

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FROM THE DIRECTOR

"Not he who has much is rich, but he who gives much."
-Erich Fromm, psychoanalyst and author (1900-1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and New Year's. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy and money to keep the Brookline Senior Center a welcoming haven for our community's elders. I know that many of you share this vision, and I hope that you will consider a holiday gift to the Senior Center. Please know that no matter whether it is a few dollars or a large gift, all donations are appreciated and well utilized. To make a donation using a credit card, please go online to www.brooklineseniorcenter.org.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. Starting with the Elks' Holiday Dinner on Saturday, December 7th and ending with the New Year's Open House Monday, December 30th with the music of the Winikers to ring in 2020. Hope to see you here and feel free to invite a friend. Read this News & Events for the full calendar of holiday happenings! In addition, my holiday wish to all is that no one ever goes to bed cold, hungry or lonely and I am convinced that in this remarkable town, with your help, we can ensure that all our seniors are warm, well fed and befriended. Peace to all.

Ruthann Dobek, Director

P.S.- Thanks to all who made this year's Autumn Benefit successful. Thanks to our sponsors and individual donors, the Senior Center will thrive in 2020.

FROM THE BOARD PRESIDENT

The holiday season is a special time of year. I hope everyone enjoys celebrating with family and friends. This is also the time of year when we think about giving to those less fortunate. Please consider giving to the Brookline Senior Center as you are making your holiday donations. The money raised by our Annual Appeal goes to support programs and services that help our most needy elders access benefits such as fuel assistance, SNAP program, and emergency resources. As the holidays approach, I am reminded of how many people give their time, money and/or other resources to help Brookline's seniors live with dignity and respect. Thank you to all! And best wishes for a wonderful holiday season.

Elizabeth (Betsy) Pollock President, Brookline Senior Center Board

TRIPPS

VISIT QUINCY MARKET!



The "T" Travelers will be doing a little holiday shopping this month! On **December 4 from 2:30-6:30 pm,** we will take the Elder Bus to the Washington Square T stop and take the Green Line to Haymarket. We will then walk to Quincy Market, have time to shop and take in the BLINK! Show at 4:30. We will have an early dinner in the area following the show. Participants who are new to the MBTA system, those who may need some additional as-

sistance, and expert T users are all welcome to join!

Transportation home: Lyft Concierge will be available upon return to the Senior Center for those who need it. Volunteers will also be available to accompany those who live near a T station. Please register by calling 617-730-2644 or stopping by the front desk.

BROOKLINE RIDESHARE TRANSPORTATION DISCOUNT PILOT PROGRAM



Through a grant from the National Council on Aging and Lyft, the Brookline Senior Center has launched a pilot program with the ride hail app Lyft to provide 4 subsidized Lyft rides per month to income eligible senior residents (individual \$62,450 maximum; couple \$71,400 maximum). The subsidy provides a coupon of \$10 to qualified participants with smartphone technology. Those interested in participating in this program can contact Maria Foster at (617)730-2644 or mfoster@brooklinema.gov.

NEW BIKE RACK AT THE SENIOR CENTER!

Did you know there is a new bike rack at the Senior Center? Located behind the building by the rear entrance, this rack provides six safe spots for participants to lock up their bikes. Send your contact info and a photo of you with your bike at the Senior Center bike rack to Maria Foster for a chance to win a CVS gift card (mfoster@brooklinema.gov)!

PICKLEBALL FOR 55 AND OVER



Pickleball is a paddle sport created for all ages and skill levels. This fun sport combines many elements of tennis, badminton, and ping pong, is played with a paddle and a plastic ball with holes. Brookline Recreation will be offering Pickleball at the Senior Center on **Wednesdays**, **December 4**, **January 8**, **and February 12 from 2:30-4:30 pm** for a "drop in fee" of \$3.00 per session. Two

indoor courts will be set up and instructors will be on-site to offer advice to new athletes. Come learn to play; bring your own paddle or use one of ours! For more information, please call Joshua Cooke at 617-730-2082 or email him at jcooke@brooklinema.gov. We hope to see you there!

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm.** Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



Monday, December 16, 2019 The Library Book by Susan Orlean

SUPPORT LOCAL SOUP KITCHEN



Once again this year, we will provide gifts of warm clothing to the 65 to 70 men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-

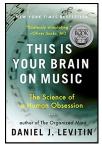
knitted or purchased new) to the soup kitchen's guests, please give the items to Jessica Milley-Gee on the second floor of the Brookline Senior Center on or **before Monday**, **December 16**.



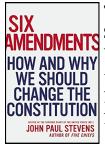
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. Please note: This group is held at the Brookline Senior Center on the fourth Tuesday of each month from 9:00-10:00 am.

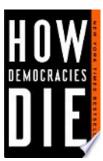


Tuesday, December 17, 2019This Is Your Brain on Music: by
Daniel J. Levitin (Dutton Adult |
Penguin Group USA)



Tuesday, January 28. 2020

Six Amendments: How and Why We Should Change the Constitution by John Paul Stevens (Little, Brown and Company | Hachette Book Group)



Tuesday, February, 2020 How Democracies Die by Steven
Levitsky and Daniel Ziblatt (The
Crown Publishing Group Penguin Random House LLC)

Tuesday, March 23, 2020
The Fifth Risk by Michael Lewis (W.W. Norton & Company, Inc.)

FRENCH CONVERSATION GROUP



The French Conversation Group meets on **Tuesdays from 12:00-1:00 pm** at the Senior Center. New members, regardless of level of proficiency in speaking French, are invited to join the group.

Groupe de conversation française: Le groupe de

conversation française se réunit chaque mardi de 12h à 1h au Senior Center. Nous acceptons de nouveaux membres quelque soit leur niveau de compétence de la langue



REIKI THERAPY

靈気

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki report benefits that include a general feeling of well-being, increased energy, relaxation, and reduced pain. It can positively affect physical, and spiritual levels and can help people

mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on Tuesdays from 9:00 am to 12:00 noon at a special, discounted rate—a donation of \$7 per session. You can also buy a book of 5 treatments for \$25 as a gift or for yourself. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu



DECEMBER SPOTLIGHTED VOLUNTEER

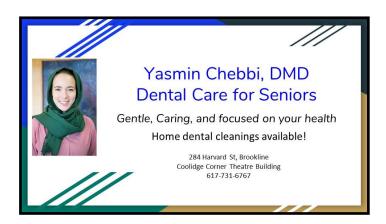


Congratulations to Sergio on his new position in his professional field of engineering! "Working for the Senior Center has been a great experience. I came to this place with a lot of excitement to become a volunteer and I ended

Sergio Hernandez-Pallares

part was getting to know many people and making wonderful friends. I know this center is dedicated to seniors in Brookline, but many young people like me have found a caring community to be a part of and opportunities to learn new things.

Thanks to all my colleagues and friends and I hope to keep in contact with everyone!"





UKULELE GROUP



Are you new to the ukulele but wish to get started? Our meetings will begin a half hour earlier than the regular group for those who wish to learn the basics. So at 1:00

pm, bring a ukulele and we will start with simple chords and strums. For our usual group, please note that we will have a 1:30 pm start time and we will end at 3:00 pm. Singers are always welcomed at that time so we hope that you will join us!

NOTE: at the time we went to print a date was not confirmed. please call 617-730-2777 after December 1.

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BrooklineBank

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- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

ONE-ON-ONE COMPUTER SESSIONS



Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have

questions about setting up email, using your laptop, tablet, smart phone, or navigating the internet? We have computer volunteers available to help you on **Tuesday afternoons from 12:00-2:00 pm**.

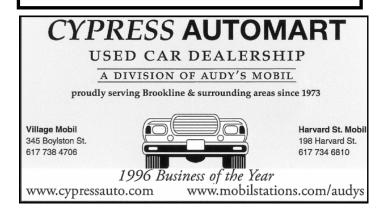
Dan Siagel is able to help people from basics to the more complex for their smartphones, laptops and tablets including Apple Windows or Android operating systems. **Appointments are necessary.** To schedule an appointment please call Olga Sliwa, (617) 730-2768.

MORE TECHNOLOGY SUPPORT



Due to increased demand, Alan Shepro, a recently retired career IT customer service specialist, will now be schedul-

ing appointments to provide one-on-one technology assistance in the Computer Lab on **Thursdays from 2:00-4:00 pm**. Alan can help with a variety of tech issues. For more information and to schedule an appointment, please call Olga Sliwa at 617-730-2768.



SOUTH BROOKLINE SENIOR MEETUP



Come join the fun at the Putterham Library! Enjoy conversation and refreshments as we provide a setting for exploring topics that are of interest to you. Come and meet old

friends and make new ones. Share your ideas and experiences. **Tuesday December 10 from 12:00-2:00pm.** For more information contact Jude Burnim. Judeb22@hotmail.com or call 617-697-9848

MAHJONG



Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:00 pm** for a social game of Mahjong.

SENIOR CHORUS



The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on Fridays at 10:30 am and make a

joyous sound with the group led by Joe Reid.

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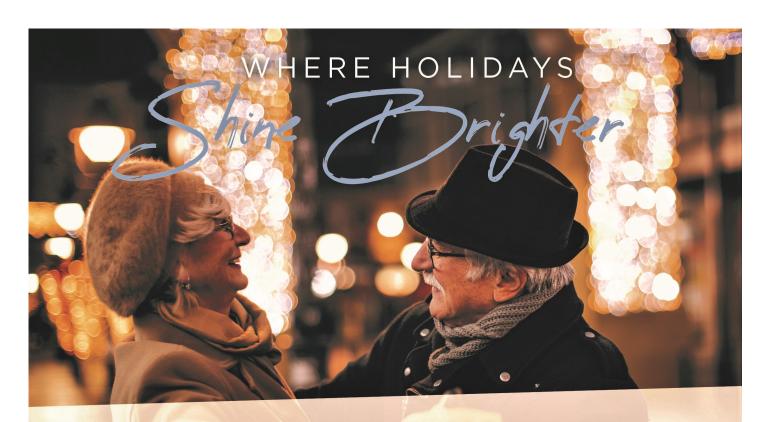


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Philips GoSafe with AutoAlert (fall detection) provides quick access to help, both at home and on the go, and will call for help if it detects a fall and you cannot push your waterproof button.



With beautiful decorations, festive celebrations and the warmth of friendships, the holidays shine brighter at Waterstone at the Circle. It's a glorious time for sharing, connecting and making merry!

But more importantly - with our commitment to unparalleled hospitality, world-class services and an enriching lifestyle - you can live immersed in this glow the whole year through.

COME HOME FOR THE HOLIDAYS

Join us for a holiday event of your choice.

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Schedule a visit of available apartments today!

617.996.7776

Check Out Upcoming Events Online: CircleSeniorLiving.com

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DECEMBER LUNCHEON SPECIALS

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call 617-730-2747 the previous Friday by 10:30 am. Lunch is served at 12:00 noon unless otherwise noted.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On Tuesday, December 17 we celebrate December birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all December birthday celebrants. We also want to thank our friends at Wingate Residences at Boylston Place for providing our monthly birthday cake. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

NOTE: No Lunch on Wednesday, December 25 the Senior Center will be closed for Christmas.

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will be on vacation in December but will return with some wonderful dinner opportu-

nities in January. We look forward to seeing you in 2020!



Enrich. Engage. Together.

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SPRINGWELL HOLIDAY SPECIALS

Thursday, December 12 Holiday Special includes Italian braised beef, baked potato, salad, dinner roll and carrot cake cupcakes with cream cheese frosting. For reservations call; 617-730-2747

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in December at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.



Tuesday, December 3 Yesterday (2019)

1hr. 56 min.

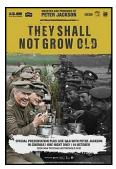
A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.



Tuesday, December 17 Till the Clouds Roll By

2hr. 12 min.

Biography of songwriter,
Broadway pioneer, Jerome
Kern. Unable to find immediate
success in the USA, Kern
sought recognition abroad.



Tuesday, December 10 They Shall Not Grow Old (2018) 1hr. 39 min.

A documentary about World War I with never-before-seen footage to commemorate the centennial of the end of the war.



Tuesday, December 24 *Aladdin* (2019)

2hr. 8 min

A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.





Tuesday, December 31 The Children Act (2017)

1hr. 45 min.

As her marriage crumbles, a judge must decide a case involving a teenage boy who is refusing a blood transfusion on

religious principle.



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FOOD DISTRIBUTION SITE



There is free food distribution at the Senior Center every Tuesday beginning at approximately 2:00 pm. Program remains open until all distributed numbers have been called. This time varies so we urge consumers to be here BEFORE 3:00 pm. Get a number in the coffee lounge be-

ginning at 11:00 am. Do not go down to the basement until your number is called. A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided. In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

MOUNT PLEASANT HOME

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LGBT OUT 2 BRUNCH BUNCH!



Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commis-

sion on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on the third Saturday of every month at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

ELF

The Elf program has 2 rolling and padded commodes that are available. Please call to request these or to donate any items at 617-730-2753.

ROGERSON HOUSE



A POSITIVE EXPERIENCE FOR THOSE IN NEED OF MEMORY SUPPORT

Graciously situated across from Jamaica Pond on three acres of lawn and gardens, Rogerson House was the first community in Massachusetts to provide care exclusively to individuals in need of memory support. We offer an assisted living residence, day program, and respite care in a warm home environment.



434 Jamaicaway, Boston Ma 02130 617.983.2300

DECEMBER AT A GLANCE

Monday, December 2

Tuesday, December 3

9:30-10:30 QIGONG

10:00am-12:00pm Real Estate Tax Exemption

1:00pm Movies for Film Lovers-Yesterday

Wednesday, December 4

9:00am-12:00noon Brookline Legal Assistance

BLAB

1:00pm Brookline Music School Concert

2:00-3:00pm Blood Pressure Clinic BPHD*

2:30-6:30pm TRIPPS Visits Quincy Market ***

2:30-4:30 Pickleball

Thursday, December 5

11:00am Ask A Nurse

1:15-2:15 Zumba Gold

1:30pm Easy Travel

Saturday, December 7

1:00pm ELKS Holiday Dinner***

Monday, December 9

1:00pm Healthy Cooking Workshop***

Tuesday, December 10

9:30-10:30 QIGONG

12:00-2:00pm South Brookline Senior Meetup*

1:00pm Movies for Film Lovers-*They Shall Not*

Grow Old

Wednesday, December 11

1:00pm COA Meeting

Thursday, December 12

1:00pm Caring for Your Teeth***

1:15-2:15 Zumba Gold

Friday, December 13

9:30am-2:00pm Tower Hill Botanic Garden*/***

10:00am Senior Chorus Holiday Concert and

Holiday Craft Fair Check Presentation***

1:00pm Online Safety***

Monday, December 16

1:00pm Waltzes We Love***

2:00-3:00pm Putterhan Book Discussion Group*

Tuesday, December 17

9:00-10:00am Public Issues Nonfiction Book

Discussion Group

9:30-10:30 QIGONG

10:00am-12:00pm Real Estate Tax Exemption

12:00noon December Birthday Lunch***

1:00pm Movies for Film Lovers-*Till The Clouds Roll By*

Wednesday, December 18

1:00pm Low Vision Group

1:30-3:00pm Memory Café Connections***

Thursday, December 19

1:00-2:00pm Brookline Hearing Services

1:00-2:00pm Blood Pressure Clinic

Sunday, December 22

Chanukah begins at sundown

Monday, December 23

Tuesday, December 24

1:00pm Movies for Film Lovers-Aladdin

Wednesday, December 25

Closed Christmas Day

Monday, December 30

1:00-3:00pm New Year's Open House***

Tuesday, December 31

1:00pm Movies for Film Lovers-The Children Act

IS PUBLIC WI-FI SAFE?

Free public Wi-Fi, available at places like airports and coffee shops, is convenient, but can be risky. Scammers monitor commonly used Wi-Fi network names, and set up their own "evil twin" access points in hopes your computer or device will automatically connect to it without your consent. Or they launch a "man in the middle" attack, by hacking in between you and your Wi-Fi connection. Their goal? To grab your personal information, emails, credit card numbers, and passwords. Any data you send over free public Wi-Fi is vulnerable, so be diligent about how you use it.

Avoid online banking, checking emails, making credit card purchases or even posting on social media on public Wi-Fi. When possible, avoid sites that require you to share login information such as a user name and password. Gayle M. Bellotti Coordinator, Senior Programs Norfolk County District Attorney's Office

ONGOING SENIOR CENTER EVENTS

Monday

8:30am-4:30pm Fitness Center Open— Membership Required 8:45-10:15am Strength Training ** 10:30-11:30am Poetry Workshop *** 10:30-11:30am Senior STRETCH ** 12:00 noon Springwell Lunch*** 12:00-4:00pm BETS 12:30-3:30 pm Mah Jongg/Scrabble/Chess 2:00-4:00pm Open Computer Lab

Tuesday

8:30 am-4:30 pm Fitness Center Open — Membership Required 9:00-12:00 noon Reiki Therapy *** 10:30 am Brookline Bees, Quilters 11:00-11:45am Tuesday Morning Dance Party 12:00 Springwell Lunch *** 12:00-2:00pm Computer one-on-one*** 12:00-4:00 pm BETS 12:00-1:00 French Conversation 1:00 pm BINGO 1:00 pm Movies for Film Lovers 2:00-3:00 pm Exercise for Health & Rejuvenation 2:00-3:00pm Yoga Chair Class ** 2:00-4:00 pm Food Distribution Site (hours approximate) 3:00-4:00pm Yoga Mat Class**

Wednesday

8:30 am-4:30pm Fitness Center Open Membership Required 8:45-10:15 Strength Training ** 9:00-10:00 am Living Our Values 10:00-12:00 TRIPPS office hours 10:30am Senior STRETCH ** 12:00 noon Springwell Lunch *** 12:00-4:00pm BETS 1:00-3:00pm Scrabble

Thursday

8:30 am-4:30 pm Fitness Center Open
Membership Required
9:30-11:45am Drawing for Pleasure***
9:30am Art for Pleasure Class ***
10:30am Arthritis Exercise ***
10:30am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00pm Intermediate Spanish***
12:30-3:30pm Mah Jong
1:00-3:00pm Chess
1:15-2:15pm Beginning Spanish Class***
2:00-4:00pm Computer Technology Support***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-Membership Required
9:00 am Bridge for experienced players
9:00 am Rummikub
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in
Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Chess
3:30 pm Latino Instrumental and Vocal ***

*Not at the Senior Center

** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register *** Registration Required

RSVP VOLUNTEERS NEEDED AT VA



The Brookline Senior Center will be partnering with the Norfolk County RSVP program and the West Roxbury VA in order to encourage Brookline residents to work as

"Ambassador "volunteers at the VA beginning this Winter. Ambassadors are most needed on Tuesdays or Wednesdays for up to four hour shifts. Duties include: Information Desk, Patient Escort, Delivery of items to patient rooms, and possible other duties as requested. Transportation costs from the Brookline Senior Center and return will be reimbursed by our Lyft Concierge program. All volunteers must fill out an application and receive a medical screening. Ambulatory volunteers preferred but not required.

We hope to encourage a few Brookline Volunteers to travel together to the facility. This should be both a good social opportunity and rewarding volunteer opportunity for Brookline residents. Please let me know if you are interested and I will fill you in on further details. Deidre dwaxman@brooklinema.gov or at: 617-730-2767

RUMMIKUB



Hedwig Baillie our Rummikub coordinator invites you to drop in and enjoy a quiet

game of Rummikub on Friday mornings from 9:00-11:30 am.

BRIDGE FOR EXPERIENCED PLAYERS



Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

HANDICAPPED ACCESS



The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations,

contact the Council on Aging at 617-730-2777.



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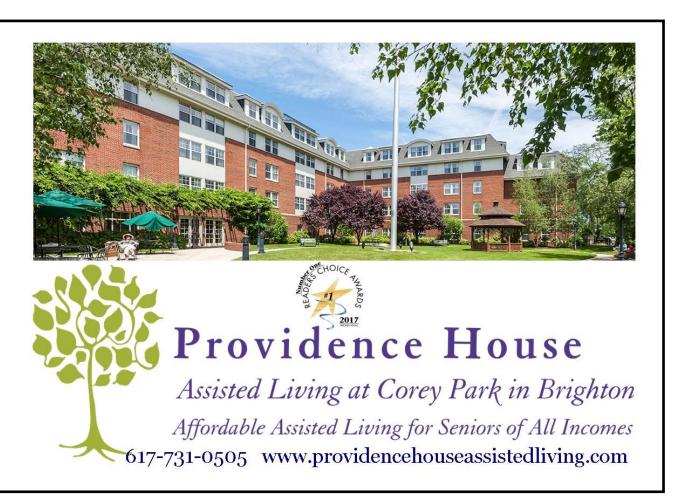
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NOTE: Please keep your medical information current.



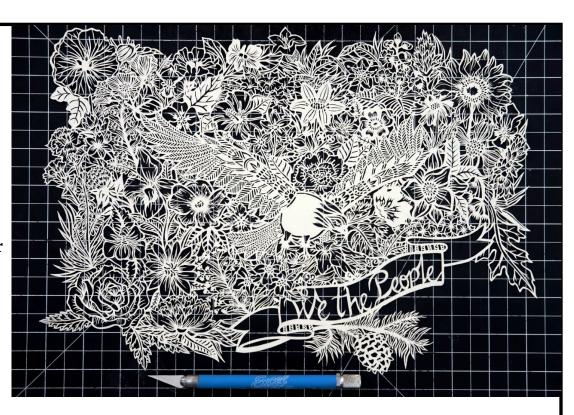
GALLERY 93

Strength in Fragility

Artwork By

Rebecca Loechler

Hours: Monday-Friday 8:30-5:00 through December 31



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FITNESS CENTER



To inquire about becoming a member, contact Sharon Devine, 617-730-2769. Membership includes use of strength training and cardio

equipment, small group classes. Quiet and relaxed atmosphere. Assistance of certified personal trainer at no additional charge.

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TOUR THE SENIOR CENTER

The Senior Center offers escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To inquire about a tour, call 617-730-2777.

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CENSUS SCAMS

The Federal Trade Commission partnered with the US Census Bureau to help you guard against Knowing how the Census process works, what you will/won't be asked for, and some red flags will help you spot and report scams.

The Process

In mid-March 2020, the Census Bureau will start mailing out (and, in some areas, hand delivering) invitations to participate in the 2020 Census. You should get yours by April 1. You can respond online, by phone, or by mail.

The Census Bureau has an important job: to count every person living in the U.S. Starting in May 2020, census takers will start visiting homes that haven't responded to make sure everyone is counted. If you aren't home or can't come to the door, the census taker will come back up to six times. Each time, they'll leave a door hanger with a phone number so you can call to schedule a visit.

The Questions

The questionnaire asks how many people live in the home; their sex, age, race, ethnicity; their relationships to one another; phone number; and if you own or rent the home. For full list of questions, visit https://2020census.gov/en/about-questions.html.

Signs of a Scam

- Scammers may pose as census takers to get personal information and use it to commit identity theft and other frauds. There are ways to identify official census takers.
- Census takers must show a photo ID with the U.S. Department of Commerce seal and an expiration date. If you ask, the census taker will give you a supervisor's contact information and/or the census regional office phone number for verification.
- The Census Bureau will never ask for your full Social Security number, bank account or credit card numbers, money or donations, or anything on behalf of a political party.
- The 2020 Census will not ask citizenship status.

The Census Bureau may call you as part of their follow-up and quality control efforts. They might call if you're not home when a census taker stops by or when a personal visit is not convenient. Calls will come from one of the Census Bureau's contact centers or from a field representative. We all know you can't trust caller ID. You can call back the Census Bureau if you question the authenticity of the call.



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Pleas	e mail this form with your check payable to Brookline Senior Center to Brookline Senior Center, 93 Winchester St., Brookline MA 02446



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www.brooklineseniorcenter.org

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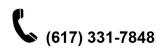
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Leon Gelfand, Founder

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— Gerry C., Newton

MEDICARE OPEN ENROLLMENT **ENDS DECEMBER 7!**

There are no SHINE Appointments Available At the Senior Center During Open Enrollment.



If you appointment call: Needham

or Framingham Monday-Friday from 9:00am-**4:00pm** Do not ask to be transferred to SHINE. Ask the receptionist to make an appointment. Needham-Center at the Heights 1-781-455-7555 and ask to make a SHNE appointment. They are located at 300 Hillside Ave. Needham. The receptionist answering the phone can make the appointment for Monday or Friday in their computer room.

Framingham - Callahan Center 535 Union Ave. 1-508-532-5980, then press 0. The receptionist can make an appointment for Tuesday or Wednesday in their computer room.

MEDICARE- 1800-633-4227. Medicare customer service representatives are available 24 hours a day 7 days a week to help callers choose a drug plan by phone or check the Medicare website: www.medicare.gov MCPHS Pharmacy Outreach Program: 1-866-

633-1617 (phone appointments).

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



CALLING ALL CHESS PLAYERS OF **ALL ABILITIES**



GREAT NEWS!! Joe Miller, our chess volunteer, is expanding his chess time at the Senior Center! He will now be avail-

able MONDAY &

THURSDAY afternoons from 1:00-3:00 pm.

Joe is always ready to play a game and/or provide help to new chess learners. AND THE BROOKLINE HIGH SCHOOL STUDENTS WILL BE STARTING ON FRIDAY AFTER-NOONS AGAIN SOON! You can bring your own board or use one of ours. Drop in - no registration necessary!

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- Mary Lou P., Client



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Ruth Geller and Eleanor Small honoring Catherine Pavlik's birthday

Anonymous honoring Tuesday Morning Dance
Party and Food Distribution

Anonymous honoring Olga Sliwa

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Rogers 100 birthday

In Honor of Continued:

Sonia and William Wong honoring honoring Agnes Rogers 100 birthday

Mary Mullarkey honoring the HELP program and transportation program

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Barbara Sloet honoring Sharon Devine

In Memory of:

Mary Mallari by Patricia H. Dobek the Levine, Miller and Alfond family of Waterville, Maine by Sara Lee Bloom and Eric Bloom H. Kwan by anonymous Aaron Seidman by Margaret Guyer and Constantine Bialik

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the Senior Center and its mission in Brookline by Eric and Christine Sassone

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Thank you to the following businesses for their very generous raffle donations to the Autumn Benefit and Holiday Craft Fair:

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Thank you from the Editor of the Brookline News and Events:

To Rhona Hirschowitz and Jessica Milley-Gee for monthly proof reading.

Paul Scarborough for getting it printed in a timely manner.

Our dedicated mailing team for getting each issue mailed on time.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM



The Greater Boston Food Bank Food Commodity Program provides shelf-stable food to low in-

come seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center @ 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the **3rd Wednesday of each month.** We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia @ 617 730 2743 to set up an appointment.

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** FacilitatorTom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

LET'S PLAY SOME PING PONG!



Lin Sasman, our wonderful Ping Pong Coordinator, is here on **Friday afternoons from 1:00-5:00 pm**. If you want to drop in for a quick game, Lin will be available to help you connect with play-

ers of similar abilities.

DECEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: TUES-DAY FOOD PAN-TRY: morning, afternoon and all

day shifts – must be able to lift 30 lbs.; FOOD COMMODITY: 3rd Wednesday morning of each month – must be able to lift 30 lbs.

TRIPPS – brief telephone interviews and simple data entry and people interested in helping with transportation issues. If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the BSC, please call Patricia, the Volunteer Coordinator @ 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

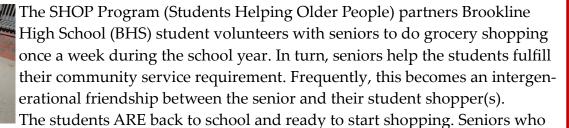
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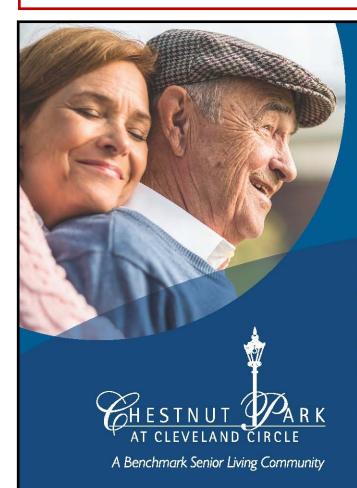
Are you a lover of library books and other resources, yet unable to enjoy the pleasures of browsing on your own? We have a solution for you! The Library

Connection, a partnership of Brookline's Council on Aging and the Public Library of Brookline, provides delivery of library materials directly to homebound Brookline residents who are unable to leave their home. A volunteer from the community will deliver materials to you throughout the year. If you are interested in receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.

SHOP PROGRAM SCHOOL YEAR 2019-2020



were in the program last year were contacted to determine their interest in continuing this year. If you or a senior you know could benefit from having help with your grocery shopping from these eager teens, please contact Patricia Burns, Brookline Senior Center Volunteer Coordinator @ 617 730 2743 or by email @ pburns@brooklinema.gov



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THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

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